



News Release

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Utahns with Diabetes Need to Know Possible Life Saving Test Numbers

(Salt Lake City, UT) – The majority of people with diabetes in Utah know what tests they need to have to manage their diabetes, however, many do not know what the results are and how they apply to controlling their diabetes, according to the Utah Department of Health (UDOH).

About 1,250 people with diabetes from six of Utah's health plans responded to a recent UDOH survey. The UDOH found that over 50 percent of these individuals did not know what their A1c number was, or even what their target number should be. The A1c estimates a person's average blood sugar levels over the past three months and is considered the gold standard for measuring blood sugar control. The target level for an A1c is less than 7 percent.

The UDOH recommends that people with diabetes ask their doctor for A1c, blood pressure, microalbumin, cholesterol, foot and eye tests at each regular checkup.

“Knowing the recommended numbers for these tests and aiming to reach them helps people control their diabetes and can catch possible complications before they become

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life threatening,” says Nancy Neff, Director, Diabetes Prevention and Control Program, UDOH.

The survey also showed that despite the link between diabetes and heart disease, as many as 1 in 5 Utahns with diabetes don't get their cholesterol tested annually. In addition, many people do not know what tests they get from their doctor or how meeting the target numbers can help them control their diabetes.

“Diabetes doesn't have to stop anyone from living a full and healthy life,” says Neff.

“By taking control of this disease, Utahns with diabetes may be able to cut their risk of complications in half. Knowing these tests and making sure they receive them at their checkups can help.”

To get a list of each recommended test, its purpose and what each number means, call the UDOH Health Resource Line at 1-888-222-2542 or visit www.health.utah.gov/diabetes.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyle.